

## Behavioral Health is essential to good health.

- Prevention works.
- Treatment is effective.
- People recover from mental health and substance abuse disorders.

### Resources:

#### **Network of Care:** [www.networkofcare.org](http://www.networkofcare.org)

The Network of Care Web site for Behavioral Health is an easy-to-use resource for people with behavioral health concerns. People can find resources and information about prevention, treatment, support groups, and advocacy tools. Consumers also use this site to store personal health records, maintain a resources list, and much more.

#### **Helpline & Family Navigator Services**

LB 603 (2009) created the Nebraska Family Helpline (888-866-8660) and Family Navigator Services to improve access to behavioral health and other services for children and teens. Available 24/7, the Helpline screens calls for immediate safety needs, identifies the level of the crisis, makes referrals to resources and helps the caller connect to emergency resources as necessary.

Family Helpline operators will connect eligible families to Family Navigator Services within 24 to 72 hours. Family peer support specialists with personal experience with a severe emotional disorder will help the family identify existing community services.

## For more information

### *Division of Behavioral Health*

301 Centennial Mall South  
PO Box 95026  
Lincoln, NE 68509

402.471.8553  
888.866.8660 NE Family Helpline  
[www.networkofcare.org](http://www.networkofcare.org)

### *Division Director*

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### *Office of Consumer Affairs Administrator*

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402.471.7727

### *Chief Clinical Officer*

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## Division of Behavioral Health

*Connecting Nebraskans to hope and treatment with community support*

## Department of Health & Human Services

*Helping people live better lives*



[www.dhhs.ne.gov](http://www.dhhs.ne.gov)



# The Nebraska Department of Health and Human Services

## Division of Behavioral Health

The Division of Behavioral Health promotes activities that improve the quality of behavioral health practices and services and increase opportunities to maintain wellness for all. It is one of six Divisions within the Department of Health and Human Services. DBH administers, oversees, and coordinates the state's public behavioral health system to address the prevention and treatment of mental health, substance abuse and problem gambling disorders.

We strive to ensure services meet the complex needs of individuals with co-occurring disorders. Our goal is to develop a behavioral health system that is trauma-informed, recovery-oriented and person-centered.

### Community-Based Services

The Division provides funding and contract management to six behavioral health regions and a variety of providers to ensure community-based mental health, substance abuse, and problem gambling prevention and treatment services are available.

### Regional Centers

The Division operates Regional Center hospitals in Lincoln, Hastings, and Norfolk. Today, these hospitals combined serve approximately 375 people.

The Lincoln Regional Center (LRC) provides general psychiatric services for those committed by a Board of Mental Health as well as treatment to sex offenders and to those ordered there by the court.

The Hastings Regional Center (HRC) provides substance abuse treatment to young men who have been paroled from the Youth Rehabilitation and Treatment Center in Kearney.

The Norfolk Regional Center (NRC) serves people committed for sex offender treatment.

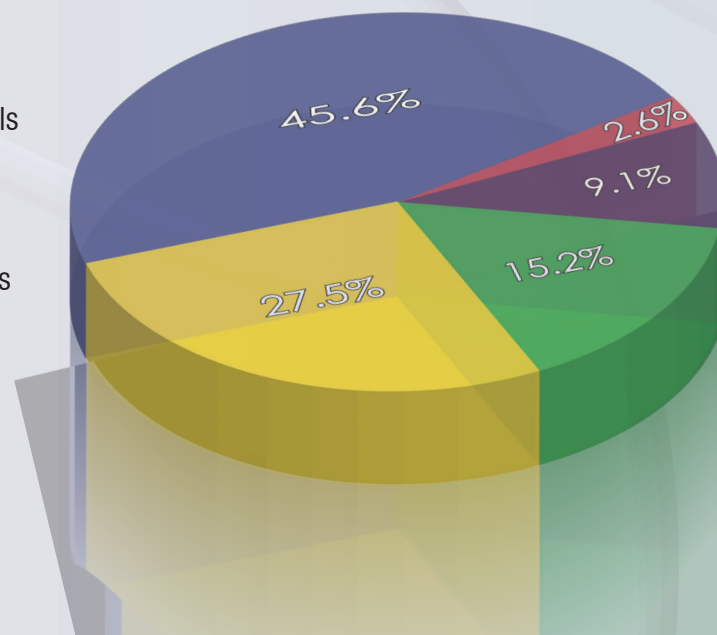
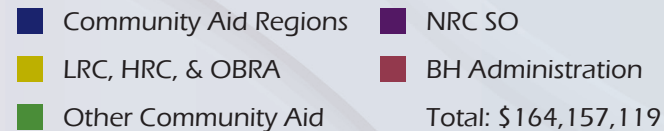
### Office of Consumer Affairs

The OCA focuses on consumer/peer support services, relationships, planning, research, and advocacy for all consumers.

### Chief Clinical Officer

The CCO provides clinical leadership to the Division and works with the Regional Centers and community partners to promote quality behavioral health policies, services and education.

Fiscal Year 2010-11 Behavioral Health Appropriation



### Did you know...

- About 71,000 adults in Nebraska have a serious mental illness - an often misunderstood but common health condition that causes changes in thinking, mood and/or behavior.
- People with mental illness are leading active, productive lives in our communities and there's more support available than ever before. Nebraska is building a whole network of peers, made up of people who use their own experiences with mental illness to work with others who are now in a similar situation.
- In 2008, mental health services were provided to nearly 4,050 youth experiencing serious emotional disorders.
- Drug and alcohol abuse and addiction is a public health problem that affects over 75,000 adults in Nebraska.
- Over 42,000 adults Nebraska experience problems related to gambling each year. Through awareness, education, and, if necessary, treatment services, we can help prevent further problem gambling issues for Nebraskans.
- The Compulsive Gambling helpline, at 800.522.4700, handled over 2,000 calls during fiscal year 2009-10.
- Nearly four-fifths (79.8%) of consumers were satisfied with their level of involvement in treatment planning, and 86.3% were satisfied with the services they received, according to the 2009 Behavioral Health Consumer Survey.